

9/18/2020

Parents,

Just as a reminder to all families of children attending *in-person* school in the Vanderburgh County community, the Vanderburgh County Health Department is providing definitions and recommendations that reflect the guidance of the CDC and the Indiana State Department of Health.

COVID-19 is a contagious respiratory illness caused by a new coronavirus called SARS-CoV-2. People with COVID-19 sometimes have a cough, fever, feel like it is hard to breathe, or even lose their sense of taste or smell. Other symptoms include congestion or runny nose, diarrhea, headache, nausea or vomiting, muscle pain or fatigue, sore throat or chills. Symptoms range from mild to severe and may appear 2-14 days after exposure. When an individual test positive for COVID-19 the next step is to identify close contacts.

An individual is considered a *close contact* to a positive COVID case if any of following is true:

- Was within 6 feet of a positive person for more than 15 minutes total in a day.
- Had physical contact with the person.
- Had direct contact with the respiratory secretions of the person (from coughing, sneezing, contact with dirty tissue, shared drinking glass, food, or other personal items).
- Lives with or stayed overnight for at least one night in a household with the person.

These close contact criteria apply regardless of mask use, face shields, or physical barriers, such as Plexiglas or plastic barriers.

Close contacts should remain home in quarantine for 14 days from their last known exposure to a confirmed case of COVID-19, regardless of a negative test.

Definitions:

Isolation means keeping sick people away from healthy ones. This means the sick person rests in his or her own bedroom or area of your home and stays

away from others. This includes staying home from school.

Quarantine means separating people who were around someone who was sick, in case they get sick. Since people who were around other sick people are more likely to get sick themselves, quarantine prevents them from unintentionally spreading the virus to other people even before they realize they are sick. People who are in quarantine stay at home and avoid going out or being around other people. This includes staying home from school and community and school sponsored events.

The goal of the Vanderburgh County Health Department is to keep our children healthy and schools open for in-person instruction.

Individual is NOT a known close contact to a COVID-19 case:



Individual	Symptomatic	No Symptoms
Not tested for COVID-19	<ul style="list-style-type: none"> The individual must remain home for at least 10 days since the first symptoms began AND be fever free without the use of fever-reducing medications for 24 hours AND with improvement of symptoms. If diagnosed with another condition that explains the symptoms, such as ear or bladder infection, individual does not need to isolate, doctor's note required to return to school. Consider quarantine for siblings and household members if you have significant concern for COVID-19. 	<ul style="list-style-type: none"> May attend school.
Tested and negative for COVID-19	<ul style="list-style-type: none"> The individual must be fever free for 24 hours without the use of fever-reducing medications and improvement of symptoms, unless otherwise advised by a healthcare provider. If diagnosed with another condition, the individual must complete the exclusion period for the diagnosed disease. Please provide proof of negative COVID-19 test (not antibody). 	<ul style="list-style-type: none"> May attend school.
Tested and positive for COVID-19	<ul style="list-style-type: none"> The individual must isolate at home for at least 10 days since the first symptoms began AND be fever free without the use of fever-reducing medications for 24 hours AND with improvement in symptoms. Repeat testing is NOT recommended for making decisions about when people can return to work or school. Siblings, household members, and other close contacts should follow the close contact chart below. 	<ul style="list-style-type: none"> Must isolate at home for 10 days after the day the sample was collected. Siblings, household members, and other close contacts should follow the close contact chart below.

Individual IS a known close contact to a COVID-19 case:

Individual	Symptomatic	No Symptoms
Not tested for COVID-19	<ul style="list-style-type: none"> Because the individual is a close contact of a COVID-19 case, the individual must quarantine for at least 14 days after the last contact with the COVID-19-positive person. Because the individual has developed symptoms and has not been tested or have an alternate diagnosis, the individual is likely a case and must also remain home for at least 10 days since the first symptoms began AND be fever free without the use of fever-reducing medications for 24 hours AND with improvement of symptoms. The criteria in both of the above bullets must be met before returning to school whichever is longer. If the individual cannot properly isolate away from others at home, the last date of contact may be the last day of isolation for the positive person. Since the individual is a close contact who is now symptomatic, siblings, household members, and other close contacts should also follow this chart to determine quarantine length. 	<ul style="list-style-type: none"> Must quarantine for 14 days from the date of last exposure before returning to school or day care. Siblings do not need to quarantine. If the exposure is to a household member and the case cannot properly isolate away from others at home, the last date of contact may be the last day of isolation for the positive person. If an individual who is a close contact becomes symptomatic, refer to the symptomatic scenarios.
Tested and negative for COVID-19	<ul style="list-style-type: none"> The individual must quarantine for 14 days after contact with the COVID-19-positive person, even if the student has an alternate diagnosis for symptoms. If still symptomatic after the 14 days, individual must wait to return to school until fever free for 24 hours without the use of fever-reducing medications and improvement of symptoms. 	<ul style="list-style-type: none"> Must quarantine for 14 days from the date of last exposure before returning to school or day care. If the exposure is to a household member and the case cannot properly isolate away from others at home, the last date of contact may be the last day of isolation for the positive person. If an individual who is a close contact becomes symptomatic, refer to the symptomatic scenarios.
Tested and positive for COVID-19	<ul style="list-style-type: none"> The individual must isolate at home for at least 10 days since the first symptoms began AND be fever free without the use of fever-reducing medications for 24 hours AND with improvement in symptoms. Repeat testing is NOT recommended for making decisions about when people can return to work or school. Siblings, household members, and other close contacts should also follow this chart to determine quarantine length. If the close contact tests positive, isolation starts on the day of symptom onset and isolation may end prior to the last day of quarantine or after the 14 days of quarantine. 	<ul style="list-style-type: none"> Must isolate at home for 10 days after the day the sample was collected. Siblings, household members, and other close contacts should follow this chart.

Updated: 9/3/20

* Students who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within the 3-month period, may need to be tested again if there is no other cause identified for their symptoms.